

STICK TO SIMPLE FOOD.

The American Business Man's Pals
Demands Easily Digested Dishes.
 "There was in the old days far less wear and tear upon the nerves, and under such conditions, digestion was more completely performed," writes Mrs. S. T. Rorer of "Why I Am Opposed to Pies" in *The Ladies' Home Journal*. "The mothers of today must look more carefully to the building of their bodies and brains than their mothers and grandmothers did. Indeed at the pace at which we Americans are going we use our brains at full speed nearly all the time. What man can build brain and brawn on pies, layer cakes or preserves or any other mass of material which from its very complexity requires labor and time for digestion, drawing the blood from the brain to the stomach during his working hours? Observe those who eat their complex foods carelessly and hastily and you will see at a glance the conditions that necessitate a complete rest every now and then, or an early nervous breakdown.

"In my close observation in the last 20 years I find very few people in our common struggle for existence who can for any length of time eat carelessly of complex foods. At 40 or 50 a man may perhaps have accumulated wealth, but not health, and of what earthly use is the first without the second? Many persons in the generation gone before have eaten pies at least once a day, but they have not had meat three times a day, nor have they rushed at our pace. They gave more time to the digestion of the pie. People who recommend these rich foods rarely know anything of their complex conditions and still less of the complexity of digestion."

BLOOD POISON CURED BY B. B. B.

Bottle Free to Sufferers.

Deep-seated, obstinate cases, and that have resisted doctors, hot springs and patent medicine treatment, quickly yield to B. B. B. (Botanic Blood Balm), thoroughly tested for 30 years. Have you mucous patches in the mouth? Sore Throat? Eruption? Eating Sores? Bone Pains? Itching Skin? Swollen Glands? Stiff Joints? Copper Colored Spots? Chancres? Ulceration on the body? Hair and eyebrows fall out? Is the skin a mass of boils, pimples and sores? Then this wonderful B. B. B. specific will completely change the whole body into a clean, perfect condition, free from eruptions, and skin smooth with the glow of perfect health. B. B. B. drains the poison out of the system so the symptoms cannot return. At the same time B. B. B. builds up the broken down constitution and improves the digestion. So sufferers may test B. B. B. a trial bottle will be given away free of charge.

B. B. B. for sale by druggists at 50¢ per large bottle, or six large bottles (full treatment) \$5. Complete directions with each bottle. For trial bottle address Blood Balm Co., 524 Mitchell St., Atlanta, Ga. Describe trouble and free medical advice given.

OUR TO ONE.

An English officer in Malta stepped in riding to ask a native the way. He was answered by a shrug of the shoulders and a "No speak English."

"You're a fool then," said the officer. But the man knew enough English to ask:

"Do you understand Maltese?"
 "No."
 "Do you know Arabic?"
 "No."
 "Do you know Italian?"
 "No."
 "Do you know Greek?"
 "No."
 "Then you four fools. I only one!"
 Youth's Companion.

An Incredible Lawmaker.

It is recalled that when the projector of the railroad up Mount Washington sought a charter from the New Hampshire legislature one of the lawmakers, in his speech on the subject, said, "Give the fool permission, but he might as well ask for a railroad to the moon!" But the railroad is still running to the Tip Top House.—Buffalo Commercial.

A married man says that a wife should be like a roast lamb—tender and sweet, nicely dressed, but without sauce.—Chicago News.

When a man approaches you and begins telling how honest he is, hold your hands on your pocketbook.—Acheson Globe.

"To Be or Not to Be."

That is the question that concerns every mortal: whether it is better to be half ill, nervous, worn out, or to be well, strong, cheerful and useful. The latter condition will be yours if you take Hood's Sarsaparilla, America's Greatest Blood Medicine, there is nothing equal to it.

Hood's Sarsaparilla
 Never Disappoints

Kodol
Dyspepsia Cure

Digests what you eat.
 Artificially digests the food and aids nature in strengthening and reconstructing the exhausted digestive organs. It is the latest discovery of a digestant and tonic. No other preparation can approach it in efficiency. It instantly relieves and permanently cures Dyspepsia, Indigestion, Heartburn, Flatulence, Sour Stomach, Nausea, Sick Headache, Gastralgia, Cramps and all other results of imperfect digestion. Price, 50¢. Large size contains 2½ times as much. Book all about Kodol free prepared by E. C. DeWitt & Co., Chicago.

"Pitts" Garminative

Save My Baby's Life.
LAMAR & RANKIN DRUG CO.
 I can not recommend Pitts' Garminative too strongly. I must say, I love my baby's life to it.
 I earnestly ask all mothers who have sickly or delicate children just to try one bottle; and see what the result will be. Respectfully,
 Mrs. LIZZIE MURRAY,
 Johnson's Station, Ga.

Pitts' Garminative
 is sold by all Druggists.
 PRICE, 25 CENTS.

A Test of Accuracy.

Drawing from memory is one of the most difficult things in the world to do. Even professional artists find that they must rely largely upon hasty jottings made upon the spot as suggestions for their pictures. Those who are not artists need to look keenly and closely at what they wish to recollect, for they must depend upon their memory to bring details back to them. It is an excellent corrective of superficial observation to sketch a scene as we think we saw it and afterward return to the scene and take another view. It is a training both in accuracy and humility, for we learn how easy it is to deceive ourselves as to what we have remarked.—Florence Hull Winterburn in *Woman's Home Companion*.

She Got a New Pair.

Sarcastious and his wife were going to the theater.

"Will you please go in and get my goats off the dressing table?" said Mrs. S.

"Your goats?" queried the puzzled Sarcastious. "What fangle have you women got now?"

"I'll show you," snapped the wife, and she sailed away and soon returned putting on her gloves.

"Are those what you mean? Why, I call those kids."

"I used to," replied Mrs. Sarcastious, "but they are getting so old I am ashamed to any longer."

He took the hint.—Pearson's Weekly.

Economy.

"What's this?" exclaimed the young husband, referring to the memorandum she had given him. "One dozen eggs, one pound of raisins, a bottle of lemon extract, a tin of ground cinnamon and half a pound of sugar—what do you want with all these things, Belinda?"

"I've got a stale loaf," replied the young wife, "that I'm going to save by working it up into a bread pudding. I never let anything go to waste, Henry."—London Fun.

What Not to Say.

Do not say, "I can't eat." Take Hood's Sarsaparilla and say, "I am hungry all the time, and food never hurts me."

Never say to your friends that you are as tired in the morning as at night. If they happen to be sharp they will tell you Hood's Sarsaparilla cures that tired feeling.

Do not say, "My face is full of pimples." You are quite likely to be told by some one, "There's no need of that, for Hood's Sarsaparilla cures pimples."

It is improper and unnecessary to say "My health is poor and my blood is bad." Hood's Sarsaparilla will give you good blood, and good health will follow as a natural consequence.

HER "SUSPICION CURE."

It Made Life One Lingering Honey-moon For Mrs. Jones' Adviser.

"I would be quite happy if my husband would not spend so much of his time at his club," said Mrs. Jones, with a sigh.

"Why don't you try the suspicion cure?" said her intimate friend.

"What in the name of Susan B. Anthony is the suspicion cure?" asked Mrs. Jones in amazement.

"Well, my husband got in the habit of spending his evenings at his club, and I worried over it for some time before I hit upon a plan to keep him at home. At first I pleaded with him, telling him how lonely I was at home when he was away, but he would only laugh and promise to be home early, which meant midnight or later. Then I changed my tactics. Instead of asking him to remain at home I urged him to go to his club. The way he raised his eyebrows the first time I suggested it showed me I was on the right track, and I resolved to keep it up. One night when he came home for dinner he announced that he had a severe headache and would remain home for the evening. I opposed the idea and pointed out that an evening at his club would cause him to forget his headache and do it good. He gave me a hard look, but acted on the suggestion and left for his club. Something told me that he would be back within an hour, so I made an elaborate toilet and waited for him to return. He came home, as I expected, with the plea that his head was worse and that he couldn't stand the noise at the club. I consoled with him and ignored his question concerning my elaborate toilet. He hasn't been away for an evening since. It is almost like the old honeymoon, only he appears to have something on his mind that he is not entirely satisfied about."

—London Answers.

Best for the Bowels.

No matter what ails you, headache to a cancer, you will never get well until your bowels are put right. CASCA'S help nature, cure you without a gripe or pain, produce easy, natural movements, costs you just 10 cents to start getting your health back. CASCA'S Candy Cathartic, the genuine, put up in metal boxes, every tablet has C. C. stamped on it. Beware of imitations.

Prepared by E. C. DeWitt & Co., Chicago.

THE HEDGE.

Pair neighbor of the thatched cot,
 With gloire de Dijon clustered gables,
 So star sweet, on from plot to plot
 Thou trippiest, like a nymph of fable.

So blithe thy smile, so soft thy tone,
 Thy love so good a life to lead in,
 I'd fain the hedge were overthrown
 And our two gardens made one Eden!

But "No!" cries Wisdom. "Spare the fence,
 The thorn, the ivy blackbirds nest in;
 Leave something for the finer sense,
 Some dream of joy to hope and rest in."

"Some glad surprise, some mystery
 Of inconspicuously sweet meaning!"
 Wisdom is wise. My friend and I
 Scarce press the topmost twigs by leaning.
 —G. D. C. in *Good Words*.

NIGHTMARE.

The Sensation That Always Makes a Man a Coward.

"Strange that we are always so cowardly in nightmares," remarked a New Orleans lawyer who has a taste for the bizarre. "I don't believe anybody ever lived who stood up and made a square stand against the amorphous horror that invariably pursues us in such visions. When I have a nightmare and the usual monster gets on my trail, my blood turns to water, and my conduct would disgrace a sheep. I am beside myself with stark, downright fear, and I have no idea left in my head except to run like a rabbit. All pride, self respect, dread of ridicule and even the instinct of self defense are scattered to the winds, and I believe, honestly, I would be capable of any infamy in order to escape. I have no hesitation in confessing this, because, as far as I have been able to find out, everybody acts exactly the same way in the throes of nightmare, and I feel certain I would not make such a pitiable spectacle of myself in real life, no matter what might befall."

"I think that the explanation of the nightmare panic is to be found in the fact that the dream is almost invariably accompanied by a sense of suffocation. It is well established that choking—the shutting off of one's wind; to use a homely phrase—has an effect upon the mind which is entirely distinct and different from that produced by any other form of pain or peril. It fills the victim with such horror and distraction that he is for the moment insane. He will do anything to get relief. This has been brought out on more than one occasion in the defense of men who have been choked and killed their assailants, and judges have held that the circumstances of such an attack should be given special consideration as extenuating the deed. In dreams the entire nervous system is relaxed, and it is natural to suppose that the mental effect of suffocation would be intensified. At least, that is the best apology I have to offer for my sprightly through nightmare land."—New Orleans Times-Democrat.

Habit in a Horse's Work.

"When I retired from the contracting business a short time ago," said a well known man, "I had a number of horses that I was anxious to dispose of. Among them was one named Jerry, which for several years had been used to working on a drum. In such work a horse becomes accustomed to lifting his feet high to avoid striking the hoisting ropes. When the horses were put under the hammer, Jerry went to a Harlem grocer."

"About a week later the purchaser of Jerry called at my house and told me that he had a lot of trouble with the horse. He said that Jerry would go a short distance, when he would stop short and lift his feet high, and after doing this would go a little farther, only to repeat it again. I told the grocer why the horse stopped short and lifted his feet and also advised him to look up some contractor and sell the animal to him for hoisting purposes. He did so, notifying me that he received a larger price than he paid me for the horse."—New York Sun.

How He Got It.

In one of Chauncey M. Depew's stories he told of meeting a man as funny as himself.

"One day," said Mr. Depew, "I met a soldier who had been wounded in the face. He was a Union man, and I asked him in which battle he had been injured."

"In the last battle of Bull Run, sir," he replied.

"But how could you get hit in the face at Bull Run?" I asked.

"Well, sir," said the man, half apologetically, "after I had run a mile or two I got careless and looked back."

To Be French.

"Home is the dearest place on earth," remarked Wilkins to Wilkins.

"Yes," replied Wilkins, "that's why we quit housekeeping and went to board."—Columbus (O.) State Journal.

That two men may be real friends, they must have opposite opinions, similar principles, and different loves and hatreds.—Chateaubriand.

A TEXAS WONDER.

Hall's Great Discovery.

One small bottle of Hall's Great Discovery cures all kidney and bladder troubles, removes gravel, cures diabetes, seminal emissions, weak and lame backs, rheumatism and all irregularities of the kidneys and bladder in both men and women, regulates bladder troubles in children. If not sold by your druggists, will be sent by mail on receipt of \$1. One small bottle is two months' treatment and will cure any case above mentioned. Dr. E. W. Hall, sole manufacturer, P. O. Box 639, St. Louis, Mo. Send for testimonials.

Sold by Wight & Bro., Tallahassee, Fla.

Spruce Pine, Ala., Dec. 1, 1899.—Dr. E. W. Hall, Dear Sir:—I spent last year in your city and while there your remedy was recommended to me. After trying several other physicians, purchased one small bottle of your remedy. It cured me. Respectfully,
 S. W. BREWER.

CAMPAIGN DATES.

State and Congressional Speakers Will Unite in Both Districts.

September 3—Miami, night.
 September 4—West Palm Beach, day.

September 5—T
 September 6—Daytona, day.
 September 7—St. Augustine, night.

September 8—Fernandina, night.
 September 10—Macclenny, day.
 September 11—Lake City, day.

September 12—Jasper, day.
 September 13—Live Oak, day.
 September 14—Madison, day.

September 15—Milton, day.
 September 17—Pensacola, night.
 September 18—DeFuniak, day.

September 19—Milligan, night.
 September 19—Westville, day.
 September 20—Vernon, day.

September 20—Chipley, night.
 September 21—Marianna, day.
 September 22—Quincy, day.

September 24—Wewahatcha, day.
 September 25—Blountstown, day.
 September 26—Bristol, day.

September 27—Apalachicola, day.
 September 28—Carrabelle, day.
 (Party will divide both meetings).

September 28—Crawfordville, day. (Party will divide both meetings).

September 29—Tallahassee, day.
 October 1—Monticello, day.
 October 2—Perry, day.

October 3—Mayo, day.
 October 5—Lake Butler, day.
 October 6—Gainesville, day.

October 8—Ocala, day.
 October 8—Leedsburg, day.
 October 9—Wildwood, day.

October 9—Orlando, night.
 October 10—Kissimmee, night.
 October 10—Lakeland, night.

October 11—Bartow, day.
 October 12—Arcadia, day.
 October 13—Fort Myers, night.

October 16—Brooksville, day.
 October 17—Inverness, day.
 October 18—Dade City, day.

October 20—Key West, night.
 October 22—Braidenton, day.
 October 22—Tampa, night.

October 23—DeLand, night.
 October 24—Palatka, day.
 October 25—Green Cove Springs, day.

October 26—Cedar Keys, night.
 October 27—Bronson, day.
 October 31—Jacksonville, night.

A Minister's Good Work.

"I had a severe attack of bilious colic, got a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy, took two doses and was entirely cured," says Rev. A. A. Power, of Emporia, Kan. "My neighbor across the street was sick for over a week, had two or three bottles of medicine from the doctor. He used them for three or four days without relief, then called in another doctor who treated him for some days and gave him no relief, so discharged him. I went over to see him the next morning. He said his bowels were in a terrible fix, that they had been running off so long that it had almost bloody flux. I asked him if he had tried Chamberlain's Colic, Cholera and Diarrhoea Remedy and he said 'No.' I went home and brought him my bottle and gave him one dose; told him to take another dose in fifteen or twenty minutes if he did not find relief, but he took no more and was entirely cured." For sale by Wight & Bro. and all medicine dealers.

Dress Well.

It is not enough that people shall be clad; they must be dressed. "Costly thy habit as thy purse can buy," was the advice of Polonius to his son; "rich, but not gaudy, for the apparel oft proclaims the man," and the advice is just as good today as it was 300 years ago.

THE FIRST BABY.

Its Coming is Looked Forward to With Both Joy and Fear and its Safe Arrival is Hailed With Pride and Delight by All.

The arrival of the first baby in the household is the happiest and most important event of married life. The young wife who is to become a mother delights to think of the happiness in store for her when the little one shall nestle upon her breast and latterly she shall hear it lisping the sweet and holy name, "mother." But her happy anticipation quickly vanishes when she realizes the terrible pain and suffering through which she must pass while bringing the little one into the world. An indescribable fear of the danger attendant upon the ordeal soon dissipates her joyfulness.

Thousands of women have learned by experience that there is absolutely no necessity for the sufferings which attend child-birth; they know that by the use of "Mother's Friend"—a scientific liniment—for a few weeks before the trying hour, expectant mothers can so prepare themselves for the final hour that the pain and suffering of the dreaded event are entirely obviated and it is safely passed through with comparatively little discomfort.

All women are interested, and especially expectant mothers who for the first time have to undergo this trial, in such a remedy; for they know the pain and suffering, to say nothing of the danger, which is in store for them. "Mother's Friend" is woman's greatest blessing, for it takes her safely through the severest ordeal of her life. Every woman should be glad to read the little book "Before Baby is Born," which contains information of great value to all. It will be sent free to any one who sends their address to The Bradfield E. Lator Co., Atlanta, Ga.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and Substitutes are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Harmless and Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher
 The Kind You Have Always Bought
 In Use For Over 30 Years.

THE CENTRAL COMPANY, 77 MURRAY STREET, NEW YORK CITY.

HEAR HER!

A WOMAN'S STORY.

This is to certify that I have been afflicted with Scrofula or Blood Poison for a number of years. The best physicians of Mobile and this city said nothing could be done for me. I took large quantities of "P.P.P." but found no relief. My limbs were a mass of ulcers, and when I was sent to a physician in Mobile my entire body was a mass of sores. I had given up all hope, and as a last resort tried P. P. P., and after using four bottles (small size), the sores have entirely disappeared, and my general health was never better than at the present time, and people that know me think it a wonderful cure. ELIZA TODD, Milton, Fla.

What can be worse for a woman than an otherwise beautiful skin covered with sores and eruptions? Can you blame people for avoiding women thus afflicted? They are to be pitied; but what woman wants pity? Besides the humiliation of disfigurement, the itching and burning of skin diseases are almost unendurable. All women ought to know that all facial and bodily blemishes are caused by impure blood, and are curable. P. P. P. purifies the blood, and when the blood becomes pure all skin diseases vanish. P. P. P. is a harmless vegetable compound, and never fails to eradicate from the system all traces of Blood Poison, Scrofula, Rheumatism, Neuralgia, Dyspepsia and Catarrhal affections.

FROM ONE OF SAVANNAH'S PROMINENT MERCHANTS.

TO THE PUBLIC:
 I herewith recommend to the sufferers of Rheumatism and rheumatic pains, Lippman's P. P. P., as I have carefully tested it and found permanent relief. Also my son, who, for years, has suffered from Rheumatism, has used it for the last year with good results, and has not suffered since, and is still using it. Would not do without it if it cost double, or at any price. Yours truly,
 CHAS. SELLER.

Lippman Brothers, Proprietors,
 Wholesale Druggists, Lippman Block, Savannah, Ga.

Hardware, Hardware, Crockeryware.

Full Line of Cook Stoves Ranges and Heaters!

FULL LINE OF WAGON MATERIAL, BOTH STEEL and IRON.

A full Line of Steam Fittings, consisting of Piping, Pipe-fittings, Injectors, Inspirators, Whistles, Steam Gauges, Check and Globe Valves. Also, a full line Rubber and Leather Belting, Lace Leather, Belt Hooks and Steam Packing. A full line of Harness and Harness Leather.

Specialties in Roofing, Plumbing and Guttering

WINCHESTER RIFLES, BREECH and MUZZLE-LOADING SHOT GUNS, AND IN FACT

EVERY ARTICLE KEPT IN A FIRST-CLASS HARDWARE STORE!

Call at **L. C. YAEGER'S.**

WINCHESTER

FACTORY LOADED SHOTGUN SHELLS

"New Rival," "Leader," and "Repeater"

Insist upon having them, take no others and you will get the best shells that money can buy.

ALL DEALERS KEEP THEM.

FERRY'S SEEDS

Thousands of gardeners depend on Ferry's Seeds every year and never suffer disappointment. Cheap substitutes bring loss, not paying crops. It pays to pay a little more for FERRY'S SEEDS. Free cents per paper everywhere, and always worth it. Always the Best, 100 Seed Annual free. D. M. FERRY & CO., DETROIT, MICH.

ERASTUS W. CLARK,
 Watchmaker and Jewelry.
 TALLAHASSEE, FLORIDA.

Watches, Clocks and Jewelry Repaired and Warranted.

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 Bears the Signature of *Chas. H. Fletcher*